COOK SMART TO HELP STUDENTS EAT SMART REGIONAL WORKSHOPS

These workshops will provide training on food preparation techniques and menu planning tips to help you serve meals and snacks that meet the Dietary Guidelines for Americans and the USDA regulations. You will learn "cooking smart" tips to reduce fat, sugar, and sodium while increasing fiber, flavor and overall eye appeal. The target audience is food service managers, cooks, and cook's assistants. This four-hour training will include a lunch meal. The workshops are free but pre-registration is required and limited to 30 participants per site.

DATES AND LOCATIONS

Department of
Health and Human
Development

Lewistown	**September 18, Friday**	**Zion Lutheran Church**
		Kitchen/Community Room
		602 W. Evelyn

Ronan	**October 15, Thursday**	**Ronan Middle School**
		Grand Commons/Food Service
		35885 Round Butte Road W.

Pryor	**October 15, Thursday**	**St. Charles Mission School**
		Cafeteria
		100 Mission Road

<u>**The workshop is from 10 a.m. to 2 p.m.**</u>
Three additional regional workshops will occur in Helena and two other locations in 2010.
THE TRAINING IS FREE BUT REGISTRATION IS REQUIRED
Deadline for Registration is 7 days before date of training.
Call Montana Team Nutrition Program at (406) 994-5641 for more information.

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Cook Smart to Help Students Eat Smart Training Registration (Please Print)

Complete one registration form for each person attending and mail to Montana Team Nutrition Program, MSU, P. O. Box 173360, Bozeman, MT 59717 or fax to: **(406) 994-7300.**

Name and Title_____

School District_____

Telephone_____Fax_____

Email_____

I will attend training in: (Please check the site)
September 18	--	**Lewistown_____**
October 15	--	**Ronan_____**
October 15	--	**Pryor_____**